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OH, COME ON! WHY DO THAT TO A CLASSIC?

THE REEL GUYS ARE NO FANS OF THE NEW CARRIE PAGE 13

Win tickets to see The Tenors

Metro is offering you the chance to see the crooning quartet in Vancouver as the group teams up with Big Brothers Big Sisters PAGE 19

Molotovs fly in New Brunswick

Protest over shale gas exploration turns violent, with Molotov cocktails, pepper spray and at least one bullet used in fray PAGE 9

'Look bird, we know you're an Israeli spy'

Ornithologist outraged that eagle tagged with tracking device has been shot down by Hezbollah guerillas PAGE 8

NEWS WORTH SHARING.

The cops want more money, and the big cost is personnel. METRO FILE

Cops say this is an offer we can't refuse

Call for big budget increase. Police claim a 4.2 per cent hike will barely keep the lights on

SCOTT TAYLOR
scott.taylor@metronews.ca

London police will ask the city for a 4.2 per cent hike in its annual operating budget for 2014 — and this time they say there's little to no wiggle room for negotiations.

If accepted, the proposal would increase expenses from $90.5 million in 2013 to $93.4 million next year.

The kicker: The police claim that almost every penny is fixed personnel costs, including salaries and benefits tied to a recently signed four-year contract.

Last year, the force requested 3.6 per cent more but were tagged with an increase of just 2.9 per cent, or $636,000 less than expected. Of that, about $500,000 was one-time funding.

"If we're at 4.2 and 4.1 is to keep the doors open and the lights on, what's left for the community?" asked police board chair Michael Deeb.

"I'm not sure if 4.2 is enough in order for the men and women of this service, to provide them the resources to do their job adequately."

It's believed the city is eyeing something around the 2.5 per cent mark.

Chief Brad Duncan said it's too early in the process to speculate on whether there could be layoffs or cuts to services if the final number is lower than 4.2 per cent.

However, he did describe personnel costs as the elephant in the room.

"There's been some work around the province now ... to recognize that we have to begin to look at that threshold and lower that threshold," he said.

Though the overall number of crimes continues to decrease in London, Duncan said that only tells part of the story.

"What we have to emphasize is our crime work is about 20, 25 per cent of a police officer's work. We have to provide all other kinds of services."

One example is dealing with mental-health calls. While there's been a reduction in the time officers spend on each call, there are more of them.

"We can't control that. When we look at the addictions within our community and those kinds of things, they affect us because they engender calls for service."

Board member and Ward 11 Coun. Denise Brown said trimming the numbers could mean dire implications.

"If the budget isn't there, you can compromise public safety, and I'm not prepared to put anybody's safety in jeopardy."

Council will respond to the request in November.

By the numbers

- **$59 million:** Police budget in 2004
- **$93.4 million:** Proposed budget for 2014. Of that total, 93 per cent would go to personnel costs.
- **604:** Sworn members of the London Police Service

NEWS 1

Here we grow again. More free than ever before

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Local event

Gottfried rolls through London Nov. 9

Comedian Gilbert Gottfried has been tapped for the London Music Hall for a Nov. 9 show.

Tickets are $30 in advance. METRO

They weren't singing in the rain, but there were plenty of smiles all around as Paul D'Hollander, left, John Benbow from the Fanshawe Optimist Club, middle, and Coun. Joni Baechler joined a number of children who will be using the redesigned park. MARK SPOWART/FOR METRO

Vital green space gets a facelift

New and improved. Constitution Park reopened after important revitalization project

MARK SPOWART
london@metronews.ca

It's important to the community and, according to its supporters, it's better than ever before.

Fresh off a $175,000 facelift, Constitution Park was officially reopened on Thursday.

Of the six-figure budget, $75,000 was a donation from the Fanshawe Optimist Club of London, who had expressed an earlier interest in being involved.

"This is a very exciting park reopening," said Paul D'Hollander, manager of area recreation services at city hall.

After public consultation with residents, the city made plans for the makeover to include a new walking circuit throughout the park, as well as a four-court basketball pad, grinding boxes for skateboarders, a new playground structure, new park benches, more trees and a complete cleaning and refurbishing of the swings.

The additional money from the Optimists allowed for items that were not initially part of the plans, as well as more enhanced versions of equipment to be installed.

"They (Optimist Club) jumped in on that; they helped to improve the amenities in the park," said D'Hollander, adding that items like the multi-use pad would not have been included in the re-design were it not for the additional funding.

The improved park also fits in with the goals and objectives contained in the city's future plans.

"I think it fits with ReThink, any time you can enhance or improve green space within a neighbourhood," said Coun. Joni Baechler, whose ward the park is in.

"It is also important to accentuate how important partnerships like these are with community partners. They do a lot of good work and this park will be so much better because of the Optimists' involvement," said Baechler.

Community partnership

"They do a lot of good work and this park will be so much better because of the Optimists' involvement."

Joni Baechler, London city councillor
The Fanshawe Optimist Club donated $75,000 toward the project.

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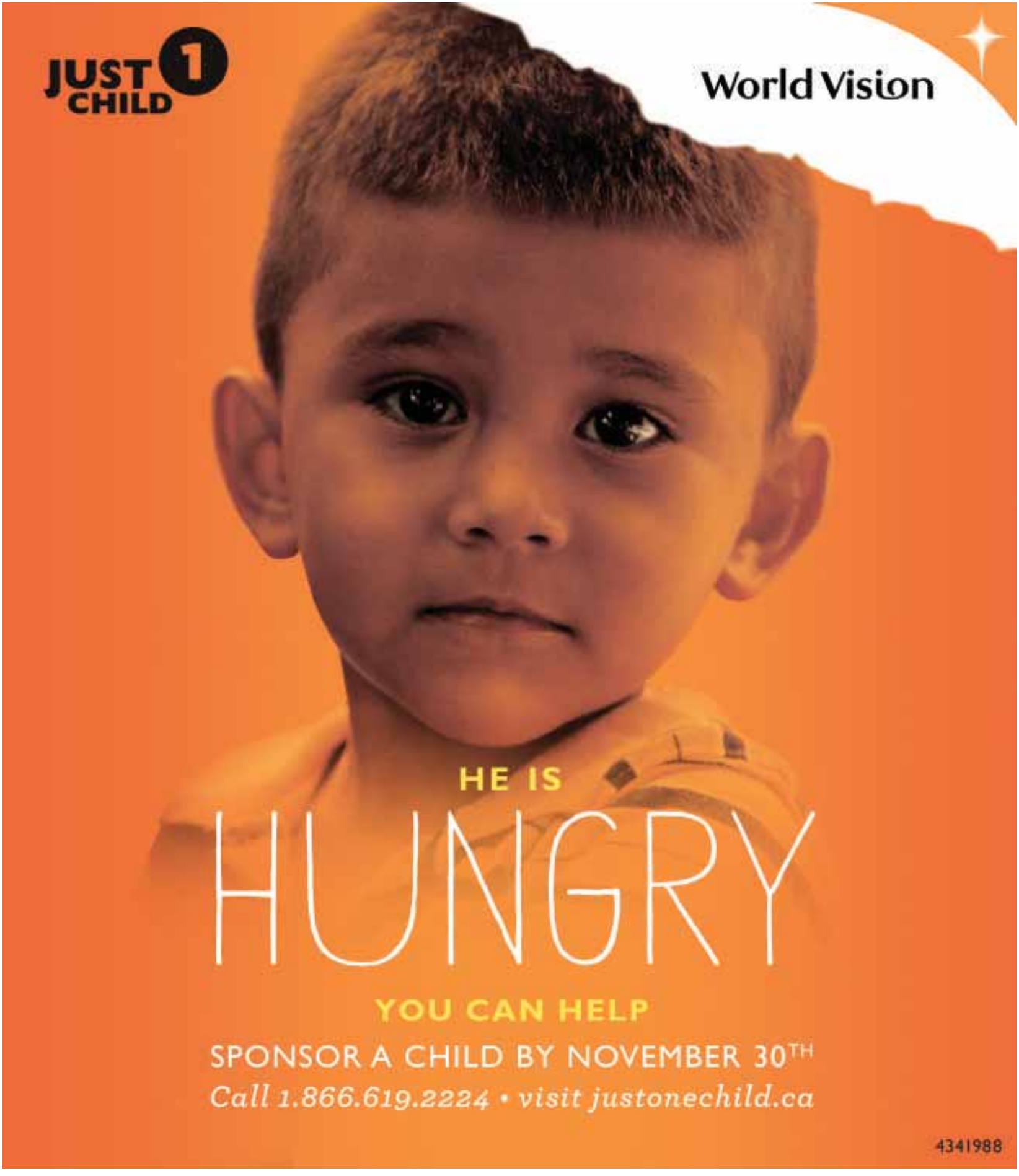
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Microloan project helps former addicts, mentally ill to Rise up

Rise. Program that improves lives through entrepreneurship comes to London

MARK SPOWART
london@metronews.ca

Sandra Rotman, who is funding the Rise program with a $1 million donation, provides details of the program as it is unveiled in London. MARK SPOWART/FOR METRO

Sometimes when you're down, all it takes is a little help.

It's new to London, but the Rise program has a long track record of enabling people with addiction or mental-health issues to get started — and to succeed — at being an entrepreneur.

Rise began in 2009 with a $1 million funding endowment from Sandra Rotman, wife of Joe Rotman, chancellor of Western University, after she saw the results from the initial trial.

Individuals apply for a loan and, once approved, they also receive a business mentor who assists in keeping the plan on track.

"This program improves the lives of this population, empowering them to become successful entrepreneurs through access to financing and business mentorship from the local business community and our business school alumni," said Dr. Anne Snowden, who is chair of the International Centre for Health Innovation at the Ivey Business School.

Outside of funding and mentoring, the program also aims to reduce the stigma of mental health at the personal, family and community levels, as well as reduce individuals' reliance on government assistance.

The London model was designed in conjunction with Rise Asset Development and the Ivey Business School, to meet London's specific needs and requirements.

"Rise has been instrumental in improving the lives of its clients by helping them start up, grow or re-start their entrepreneurial ventures," said Sandra Rotman.

She added: "I'm delighted that entrepreneurs in the London region facing employment problems as a result of mental health or addiction challenges will now be able to benefit from the mentoring and financial support provided by Rise."

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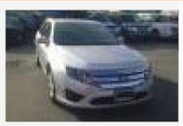

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Hunt is on for agency chief

Regional body.
Merging mental health agencies will benefit the community, director says

SCOTT TAYLOR
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The Canadian Mental Health Agency (CMHA) London-Middlesex is on the hunt for the right man or woman to take the reins of a newly amalgamated regional mental health body that's currently being built.

CMHA London-Middlesex executive director Elizabeth Abbott said the move is being made to better serve clients throughout the region.

"There are the three agencies: CMHA London-Middlesex, Search Community Mental Health Services in Strathroy, as well as WOTCH (Community Mental Health Services), which has services in Exeter and Goderich. We'll become a bigger and better mental-health agency and we'll be known as the CMHA," she said.

A recruitment firm is currently looking for a founder CEO to helm the new organization. Abbott said the window for candidates to apply closes Oct. 25.

That leader will be expected to oversee a massive transformation, which is expected to be finalized sometime next spring.

"The benefits will be to the community," Abbott stressed. "By being one agency, it will be more streamlined for clients to navigate the system, as well as for friends and families to help them find the services they need."

She said she doesn't foresee job losses as a result of the amalgamation, at least at this stage.

"At this point, it's business as usual. It's too early to tell and that's certainly not the intention at this point."

The CMHA also offers services and programs for those affected by the mental health of a loved one. Abbott hopes to offer an even wider variety soon.

"We offer services for survivors of suicide, for example, so the goal is for it to be more seamless for everyone; people will know where to go and the new leadership will have a better opportunity to fill the gaps of what isn't being provided. So the hope is to add services down the road."

CMHA London-Middlesex director Elizabeth Abbott. CONTRIBUTED

At CMHA-LM

Support groups and courses:

- Obsessive Compulsive Disorder Group
- Social Anxiety Group
- Mood Disorders Group
- Suicide Bereavement Group
- Self-Abuse Finally Ends (S.A.F.E.) Group
- Parents for Early Psychosis Prevention
- Six-week Family Psycho-Education Course
- Eight-week Survivors of Suicide Group

Highbury Ave.

Man sustains life-threatening injuries after crash

A 23-year-old St. Thomas man was taken to hospital with life-threatening injuries after a serious collision on Highbury Ave. early Thursday morning.

OPP police say the man was driving a Honda Civic southbound at about 5:25 a.m. when it's believed he crossed over the centre line and into the way of an oncoming passenger van driven by a 52-year-old St. Thomas man who sustained minor injuries but has since been released from hospital.

Collision investigators were on scene Thursday and the road was closed until 1:10 p.m.

SCOTT TAYLOR/METRO

The Revolver Tour

Poor Young Things coming to town

Canadian indie rockers Poor Young Things have announced they will be hitting the road yet again, with a tour including a date in London.

They will be travelling across North America for The Revolver Tour, named after the second single off their debut album The Heart. The Head. The End.

Poor Young Things will be making a stop in London on Nov. 7 at Call the Office on York Street.

Other dates include two nights, Nov. 8 and 9, at Paddy Flaherty's in Sarnia.

METRO

Extra springs in their steps?

Top contenders as athletics stars of the future were at Springbank Park Thursday for the Thames Valley Regional Athletics cross-country championships. There was plenty of support from families, coaches and fellow students as the young racers took on a challenging course. MIKE DONACHIE/METRO

Health. Various locales to offer flu shots on weekend

The Middlesex-London Health Unit says annual community flu clinics will get underway this weekend at clinics, doctors' offices and some pharmacies.

Getting a flu shot decreases the chances of becoming sick and spreading the flu, especially to babies, the elderly, and others who have a weaker immune system.

The MLHU says all Ontario residents over six months of age are eligible for a free flu shot.

Carling Heights Optimist Community Centre
656 Elizabeth St., London
Saturday, Oct. 19, 10 a.m.–2 p.m.

Greek Canadian Club
965 Sarnia Rd., London
Thursday, Oct. 24, 4 p.m.–7 p.m.

Kenwick Mall
51 Front St. E., Strathroy
Tuesday, Nov. 5
4:00 p.m. – 7:00 p.m.

South London Community Centre
1119 Jalna Blvd., London
Thursday, Nov. 7, 4 p.m.–7 p.m.

Lucan Community Centre
263 Main St., Lucan
Thursday, Nov. 14, 4 p.m.–7 p.m.

Westmount Public School
1101 Viscount Rd., London
Saturday, Nov. 23, 10 a.m.–2 p.m.

Clarke Road Secondary School
300 Clarke Rd., London
Thursday, Nov. 28, 4 p.m.–7 p.m.

Lambeth Community Centre
7112 Beattie St. W., London
Tuesday, Dec. 10, 4 p.m.–7 p.m.

Middlesex-London Health Unit Drive-Thru Flu Clinic
50 King St., London
For people who are physically challenged including mobility issues, those with immune-system disorders, and people for whom large crowds would be difficult. SCOTT TAYLOR/METRO

Production costs. Ont. electricity prices to rise

Ontario homeowners and small businesses can expect to see their electricity costs rise next month.

The Ontario Energy Board says new electricity prices to take effect Nov. 1 will add three per cent — about $4 — to the average monthly household bill.

Time-of-use customers will pay 7.2 cents per kilowatt hour for off-peak, 10.9 cents for mid-peak and 12.9 cents for on-peak usage.

The OEB says the increase is based on estimates for the coming year that include more generation from renewable sources along with a higher price for natural gas.

It says another significant factor in the price change is to account for variations between previous estimates and actual costs.

The OEB says most Ontario households use about two-thirds of their power during off-peak hours. THE CANADIAN PRESS

Homeless centre closes its doors

'Deep regret.' Street Connection can't pay its bills and is in debt, says executive director

MIKE DONACHIE
mike.donachie@metronews.ca

A phoenix rising from the flames is the main feature of the mural at Street Connection, but its financial woes make any comeback a challenge. MIKE DONACHIE/METRO

London homeless centre Street Connection is facing a temporary closure, its leaders announced Thursday.

A lack of funds is to blame, said executive director Dave Shearer in a public statement issued late in the afternoon.

The non-profit, which has been running since 1991, was shut with "deep regret," said Shearer. Just last week he welcomed dozens of homeless people to a community barbecue on World Homeless Day.

"We do not have any money left; in fact we are currently in debt," he said.

"We can no longer safely and responsibly offer services to our clients.

"It was a very difficult decision to make but we just cannot continue to operate our meal program and drop-in centre and counselling services.

"We can no longer have our centre available to the groups who regularly use the building for their very important work and meetings."

When Metro visited the centre, at the corner of Horton and Wellington streets, it was already closed. A notice from Shearer was posted on the window.

Now the search for new funding continues, said the executive director.

"We have not given up hope that something can be done, that money cannot be found from someone or some government or agency," his statement continued.

"We have made many applications for funding and thus far have been turned down, including being cut from the City of London Budget for 2013. Some generous donors have helped us out, including members of our Board of Directors but it is not enough."

No date for reopening the centre was given, but Shearer did say to Metro: "We will survive."

Quick facts

- Founded 1991
- Assisted youth aged 16 to 24
- Founder Leonè Westby
- It offered a drop-in centre, a referral centre and many programs designed to give young people a step up and a place to go.

Halloween fun. Village visitor vants to suck your blood

With Halloween less than two weeks away, some strange and scary events are starting to take place. Particularly at Fanshawe Pioneer Village, where a new resident with a peculiar diet has the village on edge.

"This year, we find Dracula is feeling a little persecuted in Transylvania, and our story is about Dracula attempting farming and the impact it is having on the neighbourhood," said Sheila Johnson, Fanshawe Pioneer Village executive director.

The play is presented at five scenes throughout the village, and patrons are on wagons for a hayride as they make their way through the village. While the entertainment is designed with families in mind, Johnson recommends keeping those under the age of eight at home.

The Haunted Village Hayrides — Farm of Dracula starts Friday at 7 p.m. and runs every hour on the hour until 10 p.m. Visit fanshawepioneervillage.ca for booking details.

MARK SPOWART/FOR METRO

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Protesting students from Paris high schools hold a poster reading "A Parisian is equal to an Armenian" referring to Khatchik, a recently expelled Armenian boy, during a demonstration on Thursday. FRANCOIS MORI/THE ASSOCIATED PRESS

Expulsions spark protest in Paris

France. Students tried to march to the Interior Ministry, but were blocked by riot police with shields and helmets

Several hundred French teenagers erected barricades outside their schools and marched through Paris on Thursday to protest the police expulsions of immigrant families — including some of their classmates.

Police sprayed tear gas at a few students throwing projectiles but most marched peacefully, some climbing on bus shelters to shout demands for the interior minister's resignation.

Anger erupted this week over the treatment of a 15-year-old Kosovar girl who was detained in front of classmates on a field trip. The government says her eight-member family had been denied asylum and could no longer stay in France.

Such expulsions occur regularly around France as the government tries to limit illegal immigration. But the treatment of the girl touched a nerve, with critics saying police went too far and betrayed France's image as a champion of human rights.

The students, saying the expulsions are unfair to children, hope to pressure the government to allow the girl and a recently expelled Armenian boy to return to France.

THE ASSOCIATED PRESS

Israeli bird expert upset. Hezbollah captures eagle and claims espionage

Israeli eagles endangered by pesticides, electrical wires and poachers now apparently face a new threat: Lebanese Hezbollah guerrillas.

Hezbollah's Al-Manar website recently boasted of capturing an eagle that carried an Israel-labelled transmission device on its back and claimed the bird was an Israeli spy. It said hunters in Lebanon shot down the bird and found devices on it as well as a copper ring on its leg that reads "Israel" followed by letters that refer to Tel Aviv University. The fate of the eagle remains unclear.

Israeli ornithologist Yossi Leshem said Thursday he was tracking the bird for research and was "incredibly frustrated" it was harmed. The Tel Aviv university professor has specialized in the Bonelli's Eagle for decades and said they are in great peril. THE ASSOCIATED PRESS

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Refugees

Don't deport Syrians, group urges Egypt

An international human rights group urged Egypt on Thursday to end its policy of unlawfully detaining Syrian refugees, including children, and forcibly returning them to their homeland where civil war is raging. Amnesty International said refugees looking for sanctuary in Egypt face prolonged detention in poor conditions.

THE ASSOCIATED PRESS

Duffy, Wallin, Brazeau.
Ottawa moves to suspend scandal-tainted senators

The Harper government moved Thursday to cauterize the bleeding from the ever-mushrooming Senate expenses scandal.

Claude Carignan, the government's leader in the Senate, introduced motions to suspend Mike Duffy, Pamela Wallin and Patrick Brazeau, three of four senators at the heart of the scandal. The motions would strip the trio of their pay, benefits and Senate resources.

News of the motions came just before government whip John Duncan announced in the House of Commons that Conservative MPs and senators will begin voluntarily disclosing greater details of their expenses.

The twin moves, coming on the first full day of the new parliamentary session, appeared aimed at quelling some of the raging Senate controversy that has engulfed the government for almost a full year.

But opposition parties signalled they won't let up on their relentless attacks on the government's ethics.

NDP ethics critic Charlie Angus won the support of other opposition parties Thursday for his bid to have a Commons committee determine whether Prime Minister Stephen Harper deliberately misled the Commons over the Senate expenses scandal or was deceived by his own staff.

The Senate motions, which will be voted on next week, say the suspensions are necessary to "protect the dignity and reputation of the Senate and the public's trust in Parliament" and refer to the senators' "gross negligence in the management" of parliamentary resources. THE CANADIAN PRESS

Duffy takes leave

Sen. Mike Duffy pre-empted his possible suspension by announcing earlier Thursday that he's taking medical leave due heart problems.

Sen. Mike Duffy makes his way to the Senate on Parliament Hill in Ottawa on May 28. Duffy, who is at the centre of an ongoing housing expenses scandal, says he is taking medical leave from the Senate. FRED CHARTRAND/THE CANADIAN PRESS

A burnt police vehicle is seen in Rexton, N.B., after police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Thursday. Police say at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest. ANDREW VAUGHAN/THE CANADIAN PRESS

'All hell broke loose' in shale gas protest

New Brunswick.
RCMP say 40 people arrested after cop cars were set ablaze, Molotov cocktails thrown

The RCMP say dozens of people were arrested Thursday after Molotov cocktails were thrown at officers and police vehicles torched when they began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick.

Const. Jullie Rogers-Marsh said at least five RCMP vehicles were destroyed after they were set ablaze and at least one shot was fired by someone other than a police officer at the site of the protest in Rexton.

"The RCMP has worked diligently with all parties involved in hopes for a peaceful resolution. Those efforts have not been successful," Rogers-Marsh said. "Tensions were rising and serious criminal acts were and are being committed."

The Mounties said at least 40 people were arrested for firearms offences, threats, intimidation, mischief and violating the court-ordered injunction.

The RCMP began enforcing the injunction at around 7:30 a.m. to end the blockade of a compound where energy company SWN Resources stores exploration equipment.

The protesters, who include members of the Elsipogtog First Nation, want SWN Resources to stop seismic testing and leave the province.

Robert Levi, a councillor with the Elsipogtog, said he went to the protest site early Thursday after hearing the RCMP had moved in to begin enforcing the injunction.

Levi said police pepper-sprayed dozens of people after 9:30 a.m. when he arrived with the chief and council.

"They sprayed the crowd that was there," he said in an interview. "The chief was manhandled a little bit and all hell broke loose."

THE CANADIAN PRESS

Oshawa, Ont.

GM to keep plant open longer due to increased demand

Increased demand for two popular models has prompted General Motors of Canada to keep one of its assembly lines in Oshawa, Ont., open two years longer than planned.

The automaker said Thursday that projected demand for the Chevrolet Impala Limited and Chevrolet Equinox means the consolidated line will remain active until 2016. It had originally been slated to close next summer. THE CANADIAN PRESS

Working out bugs

Windows 8.1 aims to please

Microsoft released its long-awaited Windows 8.1 upgrade as a free download Thursday. It addresses some of the gripes people have had with Windows 8, the dramatically different operating system that attempts to bridge the divide between tablets and PCs.

Windows 8.1 still features the dual worlds that Windows 8 created when it came out last October. It features a touch-enabled tile interface. There's also the old desktop mode where the keyboard and mouse still reign.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.15¢ (+0.38¢)

TSX 13,036.36 (+ 79.15)

OIL $100.67 US (-$1.62)

GOLD $1,323 US (+ $40.70)

Natural gas: $3.76 US (-0.02¢)
Dow Jones: 15,371.65 (-2.18)

Harper heads to Europe to ink free trade deal

Say cheese. Prime Minister Stephen Harper departs for Europe with International Trade Minister Ed Fast Thursday. As part of the free trade deal the EU quota on cheese exports to Canada will double. ADRIAN WYLD/THE CANADIAN PRESS

Food bonds nations. Strengthened ties mean Canadians will get access to more EU cheese, while our Euro brethren can nosh on more Canuck beef and pork

Canadian Prime Minister Stephen Harper headed to Brussels on Thursday to conclude a free trade deal with the European Union, as Canada seeks to diversify its trade away from the United States.

EU trade spokesman John Clancy said in an email that the European Union and Canada hope to conclude the free trade deal in the "coming days."

Harper posted on his official Twitter account that Canada will "soon" complete negotiations. His office said he will meet with the President of the European Commission, Jose Manuel Barroso.

Yves Leduc, director of international trade for the Dairy Farmers of Canada, said he's been told by a Canadian government official that an agreement in principle has been reached and that the European Union's 28 members and Canada's 10 provinces have to approve it.

Canada has agreed to permit a doubling of the EU quota on cheese exports to Canada in exchange for greater access for Canadian beef and pork producers. Leduc said Canada's cheese industry is angry because it threatens the fine cheese market in Canada.

THE ASSOCIATED PRESS

Crisis averted

One thorny issue surrounding the deal was overcome Thursday when Canada announced it would lift visa requirements for Czech nationals.

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Many working, but still struggling to get by in U.K.

Having a job no longer offers a sure route out of poverty in Britain, with the working poor crushed by rising costs and stagnant wages, a first of its kind report from the government said Thursday.

The Social Mobility and Child Poverty Commission report concluded that the government must do more to help low-paid workers. While government policies have traditionally focused on helping welfare recipients get work, the missing piece of the "policy jigsaw" is how to help people who are working but not economically stable, said Alan Milburn, the commission's chair.

"These are the people that heed the urgings of politicians of all hues to do the right thing, to stand on their own two feet, to strive not shirk," Milburn said. "Yet all too often the working poor are the forgotten people of Britain. They desperately need a new deal."

A food bank client reacts emotionally to the food donation he was given by volunteers in Rochdale, England. A new study finds many in Britain are having a hard time due to stagnant wages and soaring costs. CHRISTOPHER FURLONG/GETTY IMAGES

The report concludes that 4.8 million workers, often women, earn less than a living wage.

Young people have been especially hard hit by deteriorating economic conditions. The report said that two-thirds of Britain's poor children now live in families with at least one working adult. In 1997, that was less than half.

Public spending, particularly tax credits that subsidized stagnating wages, had in the past been the main engine that drove reductions in child poverty, but government austerity following the global financial crisis "removes that prop."

In a recommendation that will stir controversy, Milburn said that wealthy retirees will have to take a bigger share of the hit from austerity programs. It isn't sustainable to continue "favouring pensioners over their children and grandchildren."

THE ASSOCIATED PRESS

The cycle of poverty

"The principal problem is that those working parents simply do not earn enough to escape poverty."

According to a new report in the U.K.

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SHOPPERS DRUG MART

ORR YOU COULD JUST BUY THE BOOK

THE METRO LIST

Neil Morton
metronews.ca

1 Bobby Orr. In his new memoir, Orr, My Story, (it should have been called 'My St-ORR-y') the Boston Bruins Hall-of-Famer from Parry Sound, Ont., takes us inside what it was like to learn the game on the open ice of Georgian Bay, and about how to make hockey "fun" again for kids. One Orr story you won't hear in the book but I've heard a million times: My father-in-law lived on the same street as Orr when he played with the Oshawa Generals.

2 Tina & Amy. In an awesome coup, NBC locked in Tina Fey and Amy Poehler to be Golden Globe hosts for 2014 and 2015. Their 2013 co-hosting landed superlative reviews — and 19.7 million total viewers, a six-year high for the awards show. If I were NBC, I would have locked them in for 10 more years. But perhaps audiences are a little too fickle for that.

3 A world-famous double double. A new survey of 70,000 consumers in 15 countries reveals that Disney is the world's most beloved brand, finishing ahead of others in the Top 10 like Yahoo, Google, Sony, Netflix, Whole Foods and Apple. Canada's iconic Tim Hortons finished No. 61 on the list, a sure sign it's becoming world famous. Someday, we'll be sipping double-doubles on Mars.

4 Sarah Richardson. Canada's superstar designer, whose latest TV show Real Potential launched last month on HGTV Canada, finally joined Twitter, tweeting on Thanksgiving: "It's official. I've joined the twitterverse!" You can follow her @SarahR_Design. If you want really good decor advice, tweet her. If you want really bad decor advice, tweet me.

5 Movember. It's that time of year again to get creative and grow a mo for Movember, which raises so much money and awareness to combat prostate and testicular cancer and mental health challenges. Think about registering yourself as an individual or as part of a team at movember.com. I grew a mo for the first time last year, and will be working on a new one for this year!

6 Facebook friend for iPhone. I love the creativity in many Kijiji listings, and one of my faves was this recent Peterborough, Ont., listing: "Wanted: Who has an iPhone they want to give me as a gift?" In return, the person offered to make a hat — yes, make a hat — and become a friend on Facebook. If they throw in a Twitter follow too, I'd consider.

7 BlackBerry. The troubled smartphone maker released an open letter: You Can Continue To Count On BlackBerry ad campaign to its customers this week appealing for them to stick with the company through this tumultuous time of restructuring. Now I plan on sticking with them for now, right up until the last BBM contact I have is myself.

8 Twitter DM. Twitter has began pushing out a feature update that lets you (if you check off the box) receive direct messages from any of your followers, regardless of whether you follow them or not. This private functionality is another step in Twitter becoming your new email inbox. Yes, more and more people, particularly tweens and teens, don't use traditional email.

9 Fifty Shades of Grey Vancouver. No I'm not talking about the weather. If you see more people reading Fifty Shades of Grey all of a sudden in Vancouver, maybe it's because the movie adaptation begins filming there early next month — Nov. 5 to be exact. If you spot any actors, Instagram them under the caption Before They Were Famous.

10 Drinkify. A neat website called drinkify.org tells you exactly what you should drink while listening to a specific artist. Should you be rocking out to, say, Kings of Leon at your next dinner party, type that band in on the site and Drinkify recommends "6 oz. Kirsch. Serve on rocks. Stir vigorously." If you're listening to John Tesh, well then ... sorry, I'm not typing that in for you.

11 Piers Morgan. The outspoken host of the CNN show Piers Morgan Live has a new book out where he takes us behind the scenes of the drama of anchoring a nightly news show. If he thinks that's stressful, imagine being me doing weekly segments on local radio.

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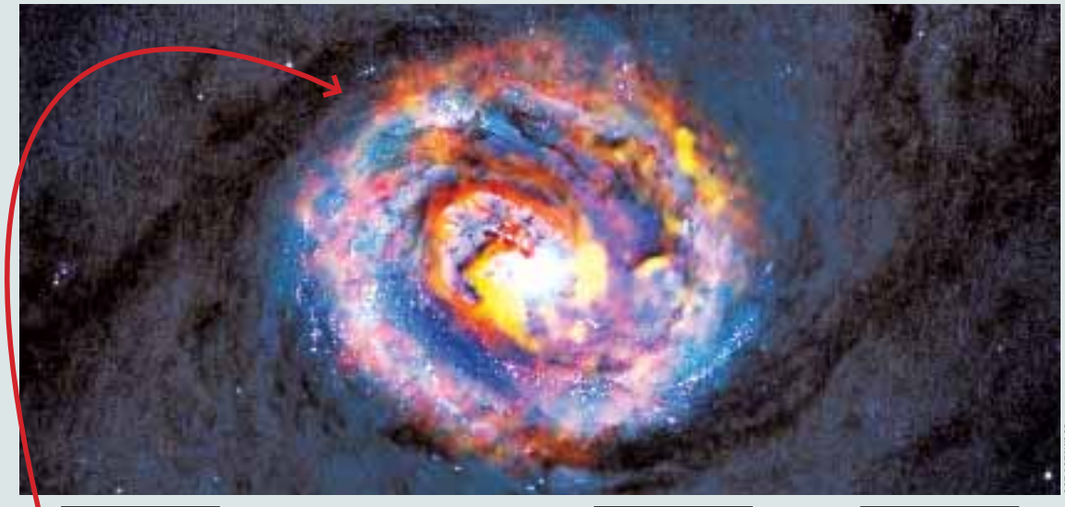
ZOOM

Black hole's hunger spirals

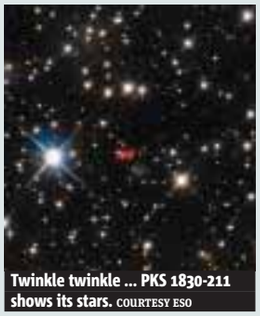


COURTESY ESO

What does it matter? It devours everything

Black holes are capable of mass consumption as this incredible image captured by a high-powered telescope proves.

The images were taken by the European Southern Observatory using the Atacama Large Millimeter/submillimeter Array — the world's largest ground-based telescope. METRO



Twinkle twinkle ... PKS 1830-211 shows its stars. COURTESY ESO

Swallowed up in the Milky Way?

The PKS 1830-211(pictured left) is referred to as an "active" black hole in a very distant galaxy (NGC 1433). In fact, there are super-massive black holes at the hearts of almost all galaxies in the universe, including our own galaxy, the Milky Way. These objects are capable of swallowing vast quantities of matter. METRO

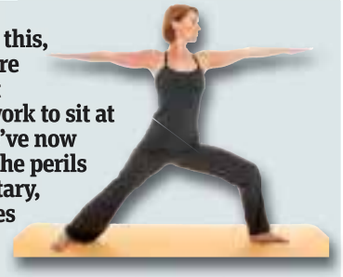
Leaving a gassy trail behind

"ALMA has revealed a surprising spiral structure in the molecular gas close to the centre of NGC 1433," says Françoise Combes (Observatoire de Paris). "This explains how the material fuels the black hole. The jet of material flowing away from the black hole, extending for 150 light-years, is the smallest outflow in an external galaxy." METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If you're reading this, chances are you're sitting on transit on your way to work to sit at a desk. While we've now been warned of the perils of staying sedentary, there's sometimes not much we can do about it — or wasn't much we could do about it. These apps let you keep your practice on your smartphone. Or desk. Or bus. Namaste.



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Twitter

@metropicks asked: A couple near Saskatoon invited artists to live with them rent-free. What type of profession would you invite? Journalists?

@Canucklehead_ca: Maid, reflexologist, chef (both pasty and sous,) nanny, masseuse, handyman, bartender, another nanny, & cat whisperer.

@WTarcisio: Journalists are ever welcome in my house. Could live peacefully without paying and still I would become news.

@H_Dhillon: I wouldn't mind having a professional chef at home.

@serpentina66: Musician

@jemilyclark: Hands down, gotta go with Molly Maid. #scrubthetub

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SCENE

Synopsis

The newest adaptation of Stephen King's 1974 novel stars Chloë Grace Moretz as high school outcast Carrie White, a lonely girl teased by classmates and abused by her deeply religious mother (Julianne Moore). Despite the best efforts of gym teacher Miss Desjardin (Judy Greer) to help Carrie fit in, a clique of mean girls led by Chris (Portia Doubleday) make it their mission to ensure that Carrie has a rough time at school. After being humiliated at her senior prom — pig's blood will really ruin a taffeta dress, apparently — she unleashes a terrible telekinetic vengeance on those who wronged her.

- Richard: ●●○○○
- Mark: ●●○○○

Chloë Grace Moretz does an admirable job as Carrie, but no one can hold a candle to Sissy Spacek's iconic portrayal of the telekenetic teen. CONTRIBUTED

Wary of another Carrie

Weak remake. There's really no reason to toy with a classic — even if the cast includes Chloë Grace Moretz and Julianne Moore

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Richard: Mark, people have been asking me about this movie for months. But they haven't been asking, "Is it good?" They've been asking me why anyone would remake the 1976 classic. After seeing it, I'm not sure. The new version is a perfectly serviceable adaptation of Stephen King's famous book but it doesn't have the vulnerability or frailty that made Sissy Spacek so memorable in the title role. First off, what did you think of Chloë Grace Moretz?

Mark: Richard, she's the strongest thing in the movie. Although no one can compare to Sissy Spacek, she did an admirable job. The question isn't whether this is a good film; it's whether this is a necessary film. When I heard Kimberly Pierce would be directing this remake, I hoped she would bring some kind of post-feminist twist to it. But no, she didn't direct the remake; she just coloured within the lines.

RC: Agreed, but there are some good moments within those lines. There is a sweetness to Carrie, particularly in the prom scenes (pre-pig's blood) that makes the anticipation of what is to come all the more tense. I liked Julianne Moore's head thumping self-punishment scenes. It works in those moments, but there's too much CGI — the floating books are silly — and since when can Carrie fly?

MB: She can now! It's just another example how everything in the movie is less subtle than in the Brian De Palma version. The themes of religious and sexual repression — so shocking in 1976 — seem overcooked now. But let's pretend we know nothing of the original. Does the movie work? Sure, to an extent. The performances are good, the last third is exciting and full of blood and revenge, but it still feels a bit superficial and detached. None of my fingernails were harmed in the viewing of this production.

RC: Mine either, although a mother and daughter knife battle made me shift to the front of my seat mostly because it felt more organic and less computer generated than some of the other displays of Carrie's mad telekinetic skills. It felt dangerous in a way that the rest of the violence didn't.

MB: And Julianne Moore does crazy very well, doesn't she? Still, the script gave her some passages so clunky that even real-life maniac mamas would have demanded another draft.

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metro

Enemies no more. Now that Arnie is his pal, Sly no longer walks Stallone

How sad. Two of the biggest musclemen of the '80s apparently never got to bond at the time over how much iron they could pump, because they loathed each other. Sylvester Stallone revealed at the premiere of his new movie Escape Plan that he and his costar Arnold Schwarzenegger "really disliked each other intensely for 20 years," according to Page Six. What drove a wedge between two men who had so much in common (thick necks, incomprehensible accents)? Sly implies it was professional rivalry — which may have been good for both of their careers.

"It goes to show you, a good enemy is hard to find. Eventually you sort of appreciate [them]. Maybe the reason we were so competitive was it made us get to where we are?"

Maybe! In any case, the two are apparently buds now, in a way that sounds indistinguishable from hatred. Stallone says he "pranked" his costar by reporting him to NASA as a security threat so he'd get strip searched. **MELINDA TAUB/METRO**

Arnold Schwarzenegger and Sylvester Stallone. GETTY IMAGES

LONDON is about to be Spanked!
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Hollywood news

Ben Foster gets his bike on in Armstrong flick

American actor Ben Foster is cycling into the lead as Lance Armstrong in a new movie about the disgraced American cyclist.

Director Stephen Frears said filming started Wednesday on the untitled project, and Foster is already proving to be a champion in the saddle.

Frears claims Foster is a "really, really good actor and now he's a very good cyclist. The cyclists were pleased with him."

The movie follows the rise of Armstrong, his cancer battle, retirement and exposure by journalist David Walsh.

Irish star Chris O'Dowd plays Walsh, with Guillaume Canet and Jesse Plemons in supporting roles.

Frears says Armstrong is endlessly complex and there could be many more films made about him. He spoke at Wednesday's London Film Festival gala for his latest movie, Philomena, staring Judi Dench. **THE ASSOCIATED PRESS**

Documentary

Cutie and the Boxer

Director. Zachary Heinzerling

Stars. Ushio Shinohara, Noriko Shinohara

●●●●○

Few directors could intertwine mirth and melancholy like Zachary Heinzerling does in Cutie and the Boxer. Focused on the long-time marriage between octogenarian "boxing" painter Ushio Shinohara and his younger wife (also an aspiring artist), this documentary subtly interplays the power struggles of relationships and explores the sacrifices made in matrimony and art. Mostly for a modest movie however, it certainly says loads about love. **STEVE GOW**

Drama/Biography

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch

●●●○○

The Fifth Estate details the breathless years leading up to WikiLeaks's biggest leak — the release of the "Collateral Murder video" which showed Iraqi journalists killed by an AH-64 Apache helicopter. Wiki honcho Julian Assange (Benedict Cumberbatch) is one of the more controversial figures of recent history. Is he a journalist? A hacker with an anti-establishment ideology? Or a war criminal with blood on his hands? The movie presents all possibilities, but can't seem to decide on one point of view. **RICHARD CROUSE**

Action

Escape Plan

Director. Mikael Hafstrom

Stars. Sylvester Stallone, Arnold Schwarzenegger

●●●○○

Feeling like an unearthed relic from the VHS era, the endearingly junky Escape Plan's selling point is a long-awaited pairing of two movie icons: We finally get to see Amy Ryan and Curtis "50 Cent" Jackson sharing scenes together. Oh, and it's also got Sylvester and Arnold. Cheerfully preposterous and proudly low-rent, director Mikael Hafstrom's meat-and-potatoes throwback coasts on the chemistry of its co-stars. Escape Plan plays like comfort food for men of a certain age and temperament. **SEAN BURNS**

The man behind the Jason mask

Kane Hodder. After a burn accident early in life, actor and stuntman tries to help other burn victims

SCOTT KEARNAN
Metro World News in Boston

Attention, Friday the 13th film fans: Jason Voorhees has a heart. (And we don't mean the one impaled on his machete.) As the famous horror franchise's hockey-masked killer and uber-'80s icon, stuntman and actor Kane Hodder has claimed a lot of nubile, teenage victims. But off-camera, the scary movie star is more interested in helping survivors.

Early in his stunt career, Hodder received nearly fatal burns over 50 per cent of his body. So today he raises funds for burn survivors through the "I Helped Kane" program of Scares That Care (scaresthatcare.org), a nonprofit that mobilizes the horror flick community. And whenever the movie convention regular visits a major city, he visits hospital burn units to offer support and understanding to survivors, including the inevitably encountered super-fan of his frightening alter ego.

We grabbed a few minutes with the Crystal Lake killer to talk about the films, fire stunts and why his sons are chips off the Friday chopping block.

Why do you make a point of visiting hospitals when you're touring?
I was seriously burned 35 years ago. It's an injury where, unless you've been through it, you really have no idea what it's like. Sometimes you get so down and negative in the burn unit; talking to someone who has been there can really help. I was visited myself by a stuntman, Chuck Couch; he didn't know who I was. I had been in the business for barely six months. But it meant a lot. If I can ever help someone like that, I want to. I was in the hospital for over five months, and for the first four I wasn't in a burn unit. It's critical to be in a quality burn unit — and Mass General (Massachusetts General Hospital) has one of the best in the United States.

Kane Hodder says his accident didn't throw him off stunts. CONTRIBUTED

How did that delay impact your recovery?
Things got progressively worse, not better. I was in so much pain, I got a staph infection throughout the burn area, and the doctor told my family I might die. He was egotistical, and thought he could handle my situation. Many years later, after I realized he f— me over and made me suffer because he was inept, I went to his office. I honestly wasn't sure what I was going to do when I got face to face with him. I probably could have beaten him to death; I had so much hatred for this guy. But he looked me in the eye and admitted that (he) had been wrong. It caught me off guard. It defused my anger. I walked out. Though I sometimes think that (anger) might be why I'm able to be so convincing with extreme violence on film. I think maybe I draw from my own past.

Did the experience put you off of stunts? Does anything scare you?
It never dissuaded me. Maybe it was my ego, not wanting to be defeated by a certain type, but I ended up specializing in fire stunts. There's really nothing in life that scares me! Maybe because I've been through the worst hell I could ever imagine.

For a guy who likes leaks, Assange is pretty cagey

The Fifth Estate. Benedict Cumberbatch on WikiLeaks founder's aversion to his portrayal in film

NED EHRBAR
Metro World News in Hollywood

It's no secret now that Julian Assange isn't thrilled about the new film the Fifth Estate, in which Sherlock star Benedict Cumberbatch stars as the embattled WikiLeaks founder.

The website even published email correspondence between Assange and Cumberbatch in which the actor sought a meeting with Assange before taking the role — only to be asked not to do the film.

Cumberbatch admits that his correspondence with Assange — who told the Hollywood Foreign Press he thinks the Fifth Estate is "destined to be a box office failure" — was brief, and that the gist of Assange's message was that he didn't want Cumberbatch to take the role.

"It was sort of expected, and his arguments were very strong. And I had some very strong counter-arguments," Cumberbatch says.

"I would have loved to have met him. I think like any artist, being in front of a live subject is far more productive and informing than working from a photograph," Cumberbatch says, a tinge of remorse in his voice.

"I sadly didn't get the chance to do that, but I quite respect his standpoint, and I reasoned in my communication with him that I thought it was not totally well-founded, that I think there was a lot to celebrate in our version of the story because what it does is bring back into focus how important WikiLeaks is as an idea and the integrity of that idea, personal politics aside."

No meeting

"I would have loved to have met him. I think like any artist, being in front of a live subject is far more productive."
Benedict Cumberbatch on wanting to meet Julian Assange

The Fifth Estate, starring Benedict Cumberbatch, opens Friday. CONTRIBUTED

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Carrie (14A) Fri-Sun 7:35 Tue 7:35
Gravity (PG) Fri-Sun 7:30 Tue 7:30
Halloween (14A) Fri-Sun 9:10 Tue 9:10
No Films Showing Today (STC) Mon Wed-Thu
Prisoners (14A) Fri-Sun 9 Tue 9

Hyland Cinema
240 Wharncliffe Road South

Blue Jasmine (14A) Fri 3:10 Sat 7:20 Sun 5:35 Mon 4:50 Tue 7:05 Wed 4:55 Thu 7:20
Cutie and the Boxer (PG) Fri 7:35 Sat 3:10 Sun 9:15 Mon 3:10 Tue 5:25 Wed 12:45 Thu 5:40
Don Jon (18A) Fri-Sat 9:15 Sun 7:30 Mon 9:15 Tue 3:40 Wed 9:30 Thu 9:15
From Dusk Till Dawn (STC) Fri 11
Lee Daniels' The Butler (14A) Fri 5:05 Sat 4:50 Sun 3:10 Mon 6:45 Tue 9 Wed 2:25 Thu 3:10
National Theatre Live: The Audience (STC) Fri-Mon 12:30 Tue 1 Wed 6:50 Thu 12:30

Rainbow Cinemas London
355 Wellington St.

Captain Phillips (14A) Fri-Thu 1:05-3:50-6:50-9:30
Carrie (14A) Fri-Thu 1:25-3:35-7-9:15
Cloudy With a Chance of Meatballs 2 (G) Fri-Wed 1:15-3:30-7:15-9:25 Thu 1:15-3:30-7:15
Escape Plan (14A) Fri-Thu 1:20-3:55-7:10-9:40
The Fifth Estate (14A) Fri-Thu 12:55-3:45-6:55-9:35
Gravity (PG) Fri-Thu 1-3:25-7:05-9:20
Jackass Presents: Bad Grandpa (STC) Thu 9:30
Machete Kills (14A) Fri-Wed 1:10-7:20 Thu 1:10
The Rocky Horror Picture Show (14A) Thu 7:30
Runner Runner (14A) Fri-Wed 3:40-9:45 Thu 3:40

Western Film
Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Austenland (PG) Fri-Thu 9
The Big Lebowski (14A) Thu 11:55
Blackfish (PG) Fri-Thu 7

Wellington 8 Cinemas
983 Wellington Rd. S,

Captain Phillips (14A) Fri 6:45-9:50 Sat-Sun 12:45-3:45-6:45-9:50 Mon-Thu 5-8
Carrie (14A) Fri 7:10-9:40 Sat-Sun 1:20-4:15-7:10-9:40 Mon-Thu 5:30-8:10
Cloudy With a Chance of Meatballs 2 (G) Fri 6:50 Sat-Sun 1:10-6:50 Mon-Thu 5:35
Cloudy With a Chance of Meatballs 2 3D (G) Fri 9:15 Sat-Sun 3:35-9:15 Mon-Thu 8:15
Escape Plan (14A) Fri 7:15-9:55 Sat-Sun 1:30-4:10-7:15-9:55 Mon-Thu 5:40-8:20
The Fifth Estate (14A) Fri 7-10 Sat-Sun 12:50-3:50-7-10 Mon-Thu 5:10-8:05
Gravity (PG) Sat-Sun 1:15
Gravity 3D (PG) Fri 6:40-9:20 Sat-Sun 3:30-6:40-9:20 Mon-Thu 5:20-7:40
Machete Kills (14A) Fri 6:30 Sat-Sun 1:25-4-6:30 Mon-Thu 5:15
Prisoners (14A) Fri 8 Sat-Sun 1-4:20-8 Mon-Thu 7:30
The Right Kind of Wrong (14A) Fri-Sun 9:30 Mon-Thu 7:50

Cineplex Odeon Westmount & VIP Cinemas
755 Wonderland Road South

Captain Phillips (14A) Fri 4-7-10:05 Sat-Sun 1-4-7-10:05 Mon 6:30-9:30 Tue 4-7-10:05 Wed-Thu 6:30-9:30 Fri 4-6:40-10:15 Sat-Sun 1:10-3:50-6:40-10:15 Mon 8 Tue 4-6:40-10:15 Wed 8 Star & Strollers Screening Wed 1
Carrie (14A) No Passes Fri 5:30-8-10:30 No Passes Sat-Sun 12:30-3-5:30-8-10:30 No Passes Mon 7:20-9:55 No Passes Tue 5:30-8-10:30 No Passes Wed 1:25-7:20-9:55 No Passes Thu 7:20-9:55 No Passes Fri 4:50-7:40-9:50 No Passes Sat-Sun 2-4:50-7:40-9:50 No Passes Mon 8:30 No Passes Tue 4:50-7:40-9:50 No Passes Wed-Thu 8:30
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri 5:10-7:30-9:55 Sat-Sun 2:50-5:10-7:30-9:55 Mon 6:50-9:20 Tue 5:10-7:30-9:55 Wed-Thu 6:50-9:20
Escape Plan (14A) Fri 4:10-7:10-9:55 Sat-Sun 1:10-4:10-7:10-9:55 Mon 7:10-9:50 Tue 4:10-7:10-9:55 Wed 1:15-7:10-9:50 Thu 7:10-9:50
The Fifth Estate (14A) No Passes Fri 3:50-6:50-9:50 No Passes Sat 12:40-3:50-6:50-9:50 No Passes Sun 12:40-3:50-7:20-10:20 No Passes Mon 6:40-9:35 No Passes Tue 3:50-6:50-9:50 No Passes Wed-Thu 6:40-9:35 Star & Strollers Screening, No Passes Wed 1
Gravity 3D (PG) Fri 5:20-7:50-10:15 Sat-Sun 12:50-3:05-5:30-7:50-10:15 Mon 7-9:25 Tue 5:20-7:50-10:15 Wed 1:20-7-9:25 Thu 7-9:25 Fri 4:20-7:10-9:25 Sat-Sun 1:35-4:20-7:10-9:25 Mon 7:30 Tue 4:20-7:10-9:25 Wed-Thu 7:30
Prisoners (14A) Fri 3:40-6:40-10 Sat-Sun 12:20-3:30-6:40-10 Mon 7:30 Tue 3:40-6:40-10 Wed-Thu 7:30
RiffTrax Live: Night of the Living Dead (STC) Thu 8
Rush (14A) Fri 3:45-7:20-10:20 Sat 1:20-4:20-7:20-10:20 Sun 4:35-6:50-9:50 Mon 6:55-9:45 Tue 3:45-7:20-10:20 Wed-Thu 6:55-9:45
Spartacus - Bolshoi Ballet (STC) Sun 12:55

SilverCity London
1680 Richmond St

The Addams Family (STC) Sat 11
Captain Phillips (14A) Fri 1:25-4:20-7:20-10:35 Sat 1:50-4:20-7:20-10:35 Sun 1-4:05-7:05-10:30 Mon-Tue 1:20-4:15-7:15-10:10 Wed 12:50-3:45-6:55-10:10 Thu 1:20-4:15-7:15-10:10
Carrie (14A) No Passes Fri 1:45-4:30-7:10-10:10 No Passes Sat 12:40-3:10-5:40-8:10-10:40 No Passes Sun 12:35-3-5:25-7:50-10:20 No Passes Mon-Thu 1:45-4:30-7:10-10:10
Cloudy With a Chance of Meatballs 2 (G) Fri 1:40-4:10 Sat 11:10-11:50-1:40-4:10 Sun-Thu 1:40-4:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri 2:50-5:15-7:40-10:05 Sat-Sun 12:25-2:50-5:15-7:40-10:05 Mon-Tue 2:50-5:15-7:40-10:05 Wed 2:05-4:20-7:45-10:05 Thu 2:50-5:15-7:40-10:05
The Counselor (14A) No Passes Thu 10
Escape Plan (14A) Fri-Thu 2-4:40-7:25-10:15
Gravity 3D (PG) Fri 2:50-5:10-7:30-9:50 Sat-Sun 12:30-2:50-5:10-7:30-9:50 Mon-Thu 2:50-5:10-7:30-9:50
Gravity: An IMAX 3D Experience (PG) Fri-Sun 1:10-3:30-5:50-8:10-10:30 Mon-Thu 1:30-3:30-5:50-8:10-10:30
Insidious: Chapter 2 (14A) Fri-Tue 6:55-9:40 Wed 9:55 Thu 10:35
Jackass Presents: Bad Grandpa (STC) Thu 9:10
Machete Kills (14A) Fri-Thu 4-10
National Theater Live: MacBeth - Encore (STC) Sat 12:30 Wed 6:45
Prisoners (14A) Fri 1-4:05-7:15-10:20 Sat-Sun 12:40-4-7:15-10:20 Mon-Thu 1:30-4:05-7:15-10:20
RiffTrax Live: Night of the Living Dead (STC) Thu 8
The Right Kind of Wrong (14A) Fri-Sun 1:15-7 Mon-Tue 1:25-7 Wed 7 Thu 1:25-7 Star & Strollers Screening Wed 1
Runner Runner (14A) Fri 1:10-3:40-5:55-8:05-10:25 Sat-Sun 1:20-3:40-5:55-8:05-10:25 Mon-Wed 1:20-3:40-5:55-8:10-10:25 Thu 1:20-3:40-5:45-7:50
Rush (14A) Fri 2:10-5-7:50-10:40 Sat 2:10-5-7:50-10:45 Sun 1:30-4:25-7:10-10:10 Mon-Tue 2:10-5-7:50-10:30 Wed 5-7:50-10:30 Thu 1:15-3:50-6:35 Star & Strollers Screening Wed 1
We're the Millers (14A) Fri 2:10-4:50-7:35-10:20 Sat 11:20-4:50-7:35-10:20 Sun 2:10-4:50-7:35-10:10 Mon 1:35-4:50-7:35-10:20 Tue 1:35-4:50-7:35-10:35 Wed 1:35-4:35-10:20 Thu 1:35-4:50-7:35-10:20

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Captain Phillips. CONTRIBUTED

Indie-rock revival: The Plan's fallow decade is at an end

The Dismemberment Plan has done some growing up. CONTRIBUTED

Comeback. Front man Travis Morrison talks to Metro about the band's new album — and why releasing a record is like playing pachinko

ANDREA PARK
Metro World News

Talk about a musical hiatus. The Dismemberment Plan, a mainstay of the indie rock scene in the '90s and early '00s, broke up in 2003. They reunited a couple of years ago to tour, and now, more than a decade after their last record, they're releasing a new album, Uncanney Valley.

The Plan has grown up a lot since the breakup. Bassist Eric Axelson has been teaching in public schools, front man Travis Morrison leads a start-up called Shoutabl and sings in church choirs, guitarist Jason Caddell works as a freelance audio engineer and drummer Joe Easley is an engineer at NASA Goddard Space Flight Center.

The four practise in Washington, D.C., on the weekends as they juggle their day jobs with recording and performing. They'll be headlining CMJ Music Marathon in New York this Friday. Morrison talked to Metro about the band's dynamic over the years and the changing tides of the music industry.

How do you balance your day job with rehearsals and gigs?
Well, you know, most bands are like that really. I think that it's fun — it's also tiring and you have to focus. ... We had day jobs for the first five to six years of the Plan. You just have to try to stay on top of your own life.

Can you tell me about Shoutabl?
It's a social network for bands. We don't think there is one right now. You have to cobble together your services out of Twitter, Facebook and Tumblr. But there's no one social network service that covers all of that.

How has social media changed the landscape for you as musicians?
Well it's fun. It's great. It's a really exciting landscape. It's a different kind of thing. Most rock bands are not just musical concepts — we do T-shirts, make videos ... we say weird things — they're almost always multimedia enterprises. ... (It makes) me wonder where some bands would have been in 1994 without Twitter. They'd be so lonely. Musicians like Twitter because they have quick thoughts, but they're not essayists.

How has the band dynamic changed after all of these years?
What I tell everyone is that in 1995, we were dating. We were a college romance that went on a six-year road trip and when the road trip was over, we had so many bags under our eyes. It was fun and it was the most awesome thing to do when you're 23. Charles Darwin got on the Beagle for 10 years. Ten years collecting species! I read that and I was like, "Oh, you were on tour." But instead of playing clubs, he was digging up dead butterflies on the Galapagos.

So back then it was very much that road trip. It was very much a dating or marriage-like commitment. Now, I think it's much more like adults who come together who have other things going on. ... It's clear that we're friends for life, but at this point if the four of us started fighting, that would be so weird. If we hated each other, we would have settled that a long time ago.

It sounds like you're leaving the door open to keep reuniting forever.
Well I mean there's a hole in the wall we could go through or not go through. There used to be a door with a padlock and a chain that you couldn't just walk out of — it was like a New York City apartment door. Now there's no door. Now if the inspiration's there, we'll work together and if it's not, we'll do other things.

What's changed in the writing and recording process over the years?
It's been so long since I was that person that I'm not sure — it's a little more meditated, maybe. When you're a very young band, just the fact that you're making a record at all is incredibly exciting, but as you get older and you've done it a few times, you need to kind of merge with the material. ... You can only make your first record once and you have to stay hungry throughout the rest of the material. A lot of people find that very challenging.

You mention in other interviews that you disbanded after the songs you were writing stopped exciting you. Why do you think that dynamic changed?
Boy, I don't know. That's where God comes in. Seriously. I don't know. We were all in different places and different things have happened for all of us. I moved to New York City and had personal things happen, relationships, things to write about in terms of inspiration and so on and so forth.

We all just kind of had things like that that spurred us on. There are so many personal things about it that it would be hard to trace why. How come this time when we got together in the basement, we started basement jamming? Maybe we had enough coffee? I really don't know.

It's been 20 years since your band formed, and your new album Uncanney Valley sounds a little different, but ultimately you still sound like the Plan. Are you hoping to gain a new fan base or just looking to hang onto your devotees?
We can always hope, can't we? You never know, do you? I tend to have an unhealthily fatalistic attitude about my role towards art and culture. I don't think you will love me. I don't think everyone is going to love what I'm involved with.

I've always used the metaphor about the pachinko game. When you're putting your art into the culture and you let go of the ball — which is finishing the record — then you just watch it bounce down. I've had people who love what I do and I've had terrifying media yeehaws against what I do.

And at this point, I'm like, well, I did the best I could — let's drop it into the pachinko game and see where it lands. Any artist's dream is that everyone who ever loved anything you ever did loves your record and everyone who's never heard of you also buys the record. I've always never really been too worried about it. I just want to put it out there and give it a chance.

What does White Collar, White Trash mean?
That's probably from me. Moving up to New York City, I became acutely aware of where I was from. Where I'm from is D.C. and also Virginia and kind of the belt of Northern Virginia that is really the edge of the South. I was going down there for work and I thought, "I don't think I could ever be back here again." And I just thought "white collar, white trash" — that's what I'm looking at right now.

Your solo album Travistan (2004) was slammed by Pitchfork. What was that like for you?
It ultimately turned into a real positive. It did mean that I was kicked out of the business for a while. I don't think that was because of the review — a review is just a review — but the industry-wide reaction was frightening and creepy and slightly robotic. I'm still talking about this review and I talk more about it than any other review I've had in my life combined.

But since I was kicked out of the business, I had to look for inspiration in other things. In indie rock, all people wanted to talk about was Pitchfork and it wasn't healthy and it was weird.

So I joined a church choir and took Indian art classes and tried other things. Had I been a moderately successful indie rocker, I might not have had that more interesting trip.

How did the new album come about?

- "We were playing different shows to promote a vinyl re-release for Emergency & I and while we were practising, we started to get little jams and grooves," says the Dismemberment Plan's Travis Morrison.
- "After a while we were like, 'Well, hey, when the shows are over, why don't we get together and keep jamming?' We weren't trying to be super goal-oriented. It was just to have fun and that kicked off the process."

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30 years later, Lauper still her Unusual self

Still having fun. The Girls Just Wanna Have Fun singer talks about recording her first album and how her breakout hit almost wasn't even hers

PAT HEALY
Metro World News

To celebrate the 30th anniversary of her breakthrough solo debut, Cyndi Lauper is not only performing She's so Unusual in its entirety, but she's also sharing stories that may make listeners exclaim that title phrase.

"When I recorded She Bop I wanted the producers to run a wire from the control booth to the rehearsal room where Kiss had their stuff," she remembers. "I felt comfortable enough to sing freely because I was uninhibited and nobody was watching. … So I wound up actually taking my shirt off to feel free, which is hard to explain to a man, because you grow up and you take your shirt off whenever you want and women can't so that freedom you never feel as an adult."

The story even gets a little more unusual.

"Actually, I tickled myself to make myself laugh," Lauper reveals with an echo of the laugh that's captured in the song.

"I mean it was so ridiculous I just started laughing. So that is the laugh on the song and then of course as soon as that album became popular and She Bop became popular then all of a sudden there's a lot of people laughing on their albums and I always used to think to myself, 'Well I know what I was doing, but what were they doing?'"

But what is probably most unusual about Lauper doing an Unusual tour at this point in her career is that she has achieved so much recently by looking forward.

She wrote the lyrics and music for the Broadway smash Kinky Boots, which won six Tony awards this year.

"With the success of the show on Broadway and the Tonys I feel like people actually do want to hear my new music, and I have a venue for it, so it doesn't feel like an oldies show that I have to do," she says.

"This is the first time I've done anything like this and it will probably be the last. It's an interesting journey for me to look back."

Girls Just Wanna Have Fun was originally written and sung by a man, Robert Hazard, and the message of the song was quite misogynistic.

"I said, 'The way Robert recorded this, it's not gonna work,'" Lauper recalls telling her producer. "And he looked at me and said, 'Well, think of what it could mean. It could be an anthem.'"

Cyndi Lauper is celebrating the 30th anniversary of her breakthrough solo debut. CONTRIBUTED

Strip down and sing

"I felt comfortable enough to sing freely because I was uninhibited. ... So I wound up actually taking my shirt off to feel free."

Cyndi Lauper
Talking about recording She Bop

Cyndi Lauper, 30 years ago.
THE ASSOCIATED PRESS

3 songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

File this week's tracks under Numanoid, True Blood moonlighting and sinister incantations

I Am Dust/ Gary Numan

While he'll forever be remembered for songs like Cars, this track from his new Splinter album will explain why guys like Trent Reznor still love him.

Free Your Mind/Cut Copy

Australia's Cut Copy got True Blood star Alexander Skarsgård to appear as a creepy half-naked baptizer in this Primal Scream-like single.

The Call of the First Aethyr/ Aleister Crowley

Back in the early 1900s, the infamous spiritualist recorded a series of incantations as wax recordings. They're now being reissued on vinyl just in time for Halloween. Be careful.

The Tenors. Win a chance to see the group perform in Vancouver

The Tenors have teamed up with Big Brothers Big Sisters. GETTY IMAGES

Want to see The Tenors live? Metro is giving you the chance to see the Canadian group perform in Vancouver. The contest comes as the musical foursome has teamed with Big Brothers Big Sisters of Canada to record the single I Thank You, with 50 cents of each digital song download going to support the organization.

Big Brothers Big Sisters highlights the importance of mentors in a child's life by providing volunteer opportunities to adults to be a friend and positive role model to Canada's youth.

Visit metronews.ca/scene to see a video of The Tenors performing I Thank You, and for a link to buy the single. For a chance to see them perform in Vancouver, go to clubmetro.com. METRO

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Kris Abel
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See British rockers Muse live in... 4K?

Concert film. The next-level movie technology, also known as UHD, is so much sharper that it's 'almost unsettling'

Muse frontman Matt Bellamy had to be more than just camera-ready for Muse — Live at Rome Olympic Stadium. The British rock band's new concert film was shot in 4K, which meant a whole new level of detail.

"There's weird things like hair and stuff that you probably would never pay attention to," Bellamy said. "It's so much more noticeably sharper that it's almost unsettling at first."

Muse — Live at Rome Olympic Stadium, directed by Matt Askem, is the first concert film released in the new ultra high definition format. Also called 4K, UHD has a much better resolution than regular HD and is considered the next technological leap in film and television.

Thousands of movies have been shot in 4K, but almost all of them have been shrunk down to HD format before being screened. Exceptions include Sony's 2011 remake of The Girl with the Dragon Tattoo and Will Smith's sci-fi adventure After Earth.

Fans will get a first look at the Muse film Nov. 5 when it debuts in 20 cities around the globe, before expanding to 700 theatres worldwide the next day in 2K and 4K.

Muse perform during the iHeartRadio Music Festival in Las Vegas on Sept. 20. GETTY IMAGES FOR CLEAR CHANNEL

What's next for Muse?

- The release of the film and the conclusion next month of a long world tour leaves Muse at something of a crossroads with no concrete plans at the end of a six-album record deal.
- "Early next year I think we'll probably take a break for a few months and at some point next year we'll start writing new music," frontman Matt Bellamy said at the time. "I think if everyone is up for it, we'll start recording music sometime next year."

Bellamy said in a phone interview Wednesday from Costa Rica that the band was inspired by U2's use of then-new technology in the 2008 concert film U23D, so they decided to kick up the production values and aim for something a little more grand.

A trailer shows video screens stories tall and pyrotechnics backing the band. Spider cameras also crawled over rigging above the crowd during the July concert.

THE ASSOCIATED PRESS

Idris Elba. ALL IMAGES GETTY

Between me, you and the world, I've tried every drug there is, says candid Elba

Idris Elba isn't shy about his personal history with drugs, telling Playboy it's quite extensive. "I'm not going to lie — I've tried everything, just between you, me and the people who read this magazine," he says. "I've tried it all. I played one of the biggest drug dealers in the world on TV (on The Wire), so you think I'd know what I was talking about."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nice try Elle, next time let Melissa show some skin!

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh! Hey! Elle put an overweight woman on their cover — the fantastically amazing Melissa McCarthy. Kudos to them! But sadly, they also covered her up so much on their annual Women in Hollywood issue that it looks like she's wearing a sleeping bag. Think about it — they would have never let Sandra Bullock not show any skin. So, the public outcry has begun! But not without Elle defending their choice to style McCarthy in a Marina Rinaldi coat. "On all of our shoots, our stylists work with the stars to choose pieces they feel good in, and this is no different: Melissa loved this look, and is gorgeous on our cover," a spokesperson for Elle said in a statement. "We are thrilled to honour her as one of our Women in Hollywood this year."

The truth is Styles was Swift's silver medal

Taylor Swift

Taylor Swift famously dated and split from One Direction star Harry Styles, inspiring the tune I Knew You Were Trouble, but according to a new report Styles was actually her back-up target within the popular boy band. "Taylor had her eye on Zayn Malik," a source tells Life & Style magazine. "When Zayn found out she was interested, he turned her down. That's when she swooped in on Harry."

Twitter

@mcgregor_ewan
'Black Fish' and 'The Cove' should be watched before deciding to take your kids to any sea life parks.

@JuddApatow
Don't tell anyone but I don't like helping my kids with their homework. I worked so hard to get out of school. I don't want to do it again!

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Thursday, November 7, 2013 4:00 pm – 7:00 pm	**SOUTH LONDON COMMUNITY CENTRE** 1119 Jalna Blvd, London
Thursday, November 14, 2013 4:00 pm – 7:00 pm	**LUCAN COMMUNITY CENTRE** 263 Main Street, Lucan
Saturday, November 23, 2013 10:00 am – 2:00 pm	**WESTMOUNT PUBLIC SCHOOL** 1101 Viscount Road, London
Tuesday, November 28, 2013 4:00 pm – 7:00 pm	**CLARKE ROAD SECONDARY SCHOOL** 300 Clarke Road, London
Tuesday, December 10, 2013 4:00 pm – 7:00 pm	**LAMBETH COMMUNITY CENTRE** 7112 Beattie Street West, London

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Stuff 'em, Tex Mex style

Tex Mex Stuffed Potato Skins

This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Baked potatoes are a nutritious way to eat the vegetable. Removing the pulp and filling them with a Tex Mex bean and vegetable stuffing as well as some melted cheese creates a great vegetarian meal. You can also add some cooked ground beef or diced cooked chicken if you'd like.

Part of this dish can be prepared ahead by baking the potatoes up to a day in advance. All you have to do is complete the recipe just before serving.

1. Preheat the oven to 450 F.

2. Wrap the potatoes in foil and bake directly on the oven rack for 45 to 50 minutes. Alternatively, prick each potato with a fork several times and microwave on High for 10 minutes or until soft.

3. When the potatoes are cool enough to handle, carefully scoop out the flesh, leaving about 1/4 inch of potato and the skin intact. Save the potato flesh for another purpose.

4. Lightly coat a small skillet with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes. Add the red pepper, jalapeno and garlic, and sauté for 3 minutes or just until soft. Transfer to a large mixing bowl.

5. Add the black beans, salsa, green onions and cilantro, and stir to combine. Fill the potato skins with the bean filling and sprinkle with the cheese. Bake for 10 minutes or just until heated through and the cheese is melted. Serve with sour cream.

Nutritional analysis

Per serving:

- Calories: 317
- Protein: 11 g
- Fibre: 8.9 g
- Total fat: 11 g
- Cholesterol: 24 mg
- Sodium: 375 mg

Ingredients

Prep time: 10 minutes
Bake time: 60 minutes

- 4 russet potatoes
- 2 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 2 tsp finely chopped jalapeno pepper
- 1 tsp finely chopped garlic
- 1 cup canned black beans, drained and rinsed
- 3/4 cup medium salsa
- 1/3 cup chopped green onions
- 1/4 cup chopped cilantro
- 3/4 cup shredded aged cheddar cheese
- 1/4 cup low-fat sour cream

Flowers are arranged in a pumpkin that's been carved to look like Jack Skellington from The Nightmare Before Christmas.
PETER KRUMHARDT/MEREDITH CORPORATION/THE ASSOCIATED PRESS

Think there's only one way to use a Halloween pumpkin?

Seasonal projects. From bird feeders to vases, here are some creative ways to use that iconic squash

When is a pumpkin not a pumpkin? When it's a jack-o'-lantern, sure, but Halloween's jolly orange elf can be so much more. "For me, it's like my favourite time of year when you see them out in the marketplace," said Marcie McGoldrick, editorial director of holiday and crafts for Martha Stewart Living magazine.

Whether outside or at a party, pumpkins are an "icon of the season that people really try to transform every year," she said. "It's always fun to see what people do."

Pumpkin bowling

Decorate butternut squash like bowling pins and set them up on grass to entertain kids. Arm your young guests with a smaller variety, sugar pumpkins, leaving the stems on for easy slinging down the "lane," McGoldrick suggests.

"The stems are really strong and make it easy for kids, and the pumpkins will still roll." Another good kid game: pumpkin leap frog, she said.

Pumpkin coolers

Cut a carving pumpkin open about a third down from the stem, or wide enough to accommodate wine, beer and soda. Clean and fill with ice. Insert a plastic or glass bowl to prevent leakage or softening as ice melts.

Carve out toothy jags around the lip for effect. You can paint the pumpkin ghostly white or spooky black and adorn with store-bought webs crawling with faux spiders.

Pumpkin vases

Rather than cut, scoop and fill with ice, how about cutting, scooping and poking in your favourite seasonal flowers? Try orange Chinese lantern flowers. Or go for scary flourishes like faux flies and snakes wending through wilty blood red roses.

Fill with dirt and use a pumpkin as a planter that can go straight into the ground after a few days on Halloween duty. Arrange small pumpkins, colorful gourds, Indian corn and crunchy leaves in a windowbox.

Pumpkin servers

Cut, scoop, clean and brush insides with oil. Season and bake on a baking sheet as individual servers for soup. Or use them raw for crudites or candy. Punch bowl? Yes, with a regular bowl inside. McGoldrick said individual servings of stew might also be good in a seasoned, softened pumpkin bowl.

Pumpkin candle holders

Pumpkins are often set alight by votive candles, but try poking holes and turning them into candlesticks. Or cut out the stem and nestle a little tea candle in the crook of an uncut pumpkin. Find a tall, narrow one and add an inexpensive glass hurricane top to be lit by a votive. THE ASSOCIATED PRESS

For the birds

- Why should humans have all the pumpkin fun? Create bird feeders by poking holes along the pumpkin's sides for hanging with rope by a tree branch, or just leave one sitting on a fence post.
- Scoop and cut a wide hole or scoop, clean and cut smaller holes with perches. Any birdseed would work. Live in deer country? They'd appreciate a pumpkin, too.

Cardinals rookie Michael Wacha throws during Game 2 of the NLCS last Saturday in St. Louis. JEFF CURRY/GETTY IMAGES

So Wacha want? One more big start

MLB. Cardinals look to rookie pitcher to put the Dodgers away in Game 6 of the NLCS

For four straight starts, Michael Wacha has been all but untouchable and appeared totally oblivious to the stakes.

The St. Louis Cardinals need one more just like that from the pressure-proof rookie to get to the World Series for the second time in three years.

Wacha outpitched NL Cy Young front-runner Clayton Kershaw in Game 2 and the Cardinals won 1-0 on an unearned run to take a 2-0 series lead. They're matched again in Game 6 Friday night, the precocious right-hander and the lefty who'd be at the top of anyone's list to work a must-win.

This time, the Cardinals lead the Los Angeles Dodgers 3-2.

"I just expect Michael to go out and do what he's done, just like the rest of our guys," manager Mike Matheny said. "Stick with what you've done all along the way, and don't ignore and don't deny the excitement."

The Dodgers brought the series back to St. Louis by muscling up on offence, with Adrian Gonzalez hitting two of their four homers in a 6-4 Game 5 victory Wednesday.

Wacha is 2-0 with a microscopic 0.64 ERA in the postseason, allowing just six hits in 14 innings with 17 strikeouts. Counting his last start of the regular season, when he was one out shy of a no-hitter, makes it 3-0 with an 0.42 ERA.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the ALCS Game 5 between the Red Sox and Tigers.

Out of the shadows...

Runs figure to be hard to come by in Game 6, although pitchers won't have shadows as an ally with a 7:37 p.m. CDT start.

- Game 2 had a late afternoon start with shadows creeping across Busch Stadium especially in the early innings and lights providing no real help, plus there was fatigue from the Cardinals' 13-inning win to open the series.

NHL

Jets' Kane not hurt badly, but may miss Friday's game

The Winnipeg Jets didn't know Thursday whether they'd have Evander Kane for the St. Louis Blues this week, but they were still relieved their star forward wasn't seriously injured.

"It turned out to be a day-to-day injury, not severe, let's put it that way," coach Claude Noel said after practice.

Kane went down during practice the day before, after getting tangled with Anthony Peluso on the boards, and had to be helped off the ice, favouring his right leg.

Noel said the left winger's status for Friday's game was uncertain but he hadn't been ruled out.

THE CANADIAN PRESS

FIFA

Canadian men plummet in world soccer rankings

Canada fell to an all-time low in the FIFA rankings Thursday for the second straight month, dropping five positions to No. 111. The Canadians stand 12th in the CONCACAF region, which covers North and Central America and the Caribbean.

Going into the Honduras game at San Pedro Sula on Oct. 16, 2012, Canada was ranked 61st in the world and sixth in CONCACAF.

Today, the Canadian men stand a hair above No. 112 Antigua and Barbuda, whose population is some 90,000 compared to Canada's 35 million.

THE CANADIAN PRESS

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Dos Santos sequel unlikely after Saturday: Velasquez

UFC 166. Heavyweight champion says three bouts could be enough to settle the score

UFC heavyweight champion Cain Velasquez and Junior Dos Santos will meet for the final fight in their heavyweight trilogy Saturday night in UFC 166.

And whatever the outcome, Velasquez says he won't fight Dos Santos again — at least not anytime soon.

Velasquez says: "I think it will be settled for a while."

Velasquez reclaimed the belt from Dos Santos with a decisive unanimous decision in UFC 155 in December. Dos Santos took the title from Velasquez in the first meeting in November 2011 with a knockout in 64 seconds.

UFC heavyweight champion Cain Velasquez THE ASSOCIATED PRESS

Dos Santos says he made a lot of mistakes in the last fight and that he used those to learn from as he prepared for Saturday's bout.

"The past fights are going to help me a lot because I learned from that," Dos Santos said. "I think the biggest challenge is going to be to stop him. He walks forward all the time and we have to take care of that."

Velasquez is looking to guard against Dos Santos landing that one big punch because he believes that's the only way Dos Santos can win. Seven of Dos Santos's victories in the UFC have come by knockout, which is tied for second-most in heavyweight history.

The Brazilian-born Dos Santos is a big fan of boxing and hopes Saturday's fight helps this trilogy live up to some of the fabled trilogies in boxing history. THE ASSOCIATED PRESS

Ryan hangs the badge

Nolan Ryan is leaving the Texas Rangers again, stepping down as CEO 20 years after ending his Hall of Fame career as a pitcher. In what the team had called a retirement, Ryan said Thursday that he is resigning as chief executive of the Rangers in a move effective at the end of this month. He is also selling his ownership stake in the team to co-chairmen Ray Davis and Bob Simpson. LM OTERO/THE ASSOCIATED PRESS

Soccer

England coach in hot water after racial comments

A day after being feted for guiding England to the World Cup, Roy Hodgson found himself entangled in a racism controversy for making a joke about monkeys during halftime.

England players took to Twitter on Thursday to defend their manager, who was also backed by the English Football Association. But anti-racism campaigners are calling for an investigation into an incident that has taken some of the shine off England's qualification for next year's tournament in Brazil.

Hodgson has apologized after recounting an old joke about space monkeys in the England dressing room during Tuesday's match against Poland, as he attempted to explain how he wanted his players to pass the ball more to winger Andros Townsend. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Toronto	7	6	1	0	0	27	16	12
d-Pittsburgh	6	5	1	0	0	23	15	10
Detroit	7	5	2	0	0	18	16	10
Montreal	6	4	2	0	0	20	10	8
Tampa Bay	6	4	2	0	0	23	15	8
Carolina	7	2	2	1	2	15	21	7
Boston	5	3	2	0	0	12	8	6
Ottawa	6	2	2	1	1	15	19	6
NY Islanders	6	2	2	0	2	19	17	6
Columbus	5	2	3	0	0	12	12	4
NY Rangers	6	2	4	0	0	11	25	4
Florida	7	2	5	0	0	16	28	4
Washington	7	2	5	0	0	17	24	4
New Jersey	6	0	3	1	2	11	21	3
Buffalo	8	1	6	1	0	11	21	3
Philadelphia	7	1	6	0	0	10	20	2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-San Jose	6	6	0	0	0	30	9	12
d-Colorado	6	6	0	0	0	21	6	12
Anaheim	6	5	1	0	0	21	14	10
Chicago	6	4	1	0	1	18	15	9
Phoenix	7	4	2	1	0	20	21	9
St. Louis	5	4	1	0	0	21	13	8
Calgary	6	3	1	1	1	20	20	8
Vancouver	7	4	3	0	0	20	22	8
Minnesota	7	3	2	1	1	17	17	8
Los Angeles	7	4	3	0	0	17	19	8
Nashville	6	3	3	0	0	13	18	6
Winnipeg	7	3	4	0	0	17	19	6
Dallas	5	2	3	0	0	11	14	4
Edmonton	7	1	5	1	0	21	32	3

d — division leader; x — clinched playoff berth. **Note** — division leaders ranked in top

Thursday's results
Vancouver at Buffalo
Edmonton at NY Islanders
Carolina at Toronto
Pittsburgh at Philadelphia
Minnesota at Tampa Bay
Columbus at Montreal
New Jersey at Ottawa
Boston at Florida
Los Angeles at Nashville
St. Louis at Chicago
San Jose at Dallas
Detroit at Colorado
Wednesday's results
NY Rangers 2 Washington 0
Anaheim 3 Calgary 2
Friday's games
All Times Eastern
St. Louis at Winnipeg, 8 p.m.
Phoenix at Anaheim, 10 p.m.
Saturday's games
Vancouver at Pittsburgh, 1 p.m.
Edmonton at Ottawa, 2 p.m.
Colorado at Buffalo, 7 p.m.
Minnesota at Florida, 7 p.m.
Nashville at Montreal, 7 p.m.
Toronto at Chicago, 7 p.m.
Boston at Tampa Bay, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Columbus at Washington, 7 p.m.
Carolina at NY Islanders, 7 p.m.
Detroit at Phoenix, 9 p.m.
Calgary at San Jose, 10 p.m.
Dallas at Los Angeles, 10:30 p.m.
Sunday's games
Vancouver at Columbus, 6 p.m.
Dallas at Anaheim, 8 p.m.
Nashville at Winnipeg, 8 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIPS

(Best-of-7 series)

AMERICAN LEAGUE

BOSTON (1) VS. DETROIT (3)

(Series tied 2-2)
Thursday's result
Boston at Detroit
Wednesday's result
Detroit 7 Boston 3
Saturday's game
Detroit (Scherzer 21-3) at Boston (Buchholz 12-1), 4:37 p.m.

NATIONAL LEAGUE

ST. LOUIS (1) VS. L.A. DODGERS (3)

(St. Louis leads 3-2)
Wednesday's result
L.A. Dodgers 6 St. Louis 4
Friday's game — All times Eastern
L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.
Saturday's game
x-L.A. Dodgers (Ryu 14-8) at St. Louis (Wainwright 19-9), 8:37 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

x — clinched playoff berth.
Friday's game — All times Eastern
Calgary at Edmonton, 9 p.m.
Saturday's games
Toronto at Winnipeg, 3:30 p.m.
B.C. at Saskatchewan, 7 p.m.
Sunday's game
Hamilton at Montreal, 1 p.m.

NFL

Thursday's result
Seattle at Arizona
Sunday's games
Cincinnati at Detroit, 1 p.m.
San Diego at Jacksonville, 1 p.m.
St. Louis at Carolina, 1 p.m.
Chicago at Washington, 1 p.m.
New England at N.Y. Jets, 1 p.m.
Buffalo at Miami, 1 p.m.
Dallas at Philadelphia, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
San Francisco at Tennessee, 4:05 p.m.
Cleveland at Green Bay, 4:25 p.m.
Houston at Kansas City, 4:25 p.m.
Baltimore at Pittsburgh, 4:25 p.m.
Denver at Indianapolis, 8:30 p.m.
Monday's game
Minnesota at N.Y. Giants, 8:40 p.m.

MLS

Wednesday's result
Los Angeles 1 Montreal 0
Friday's game — All times Eastern
D.C. at Kansas City, 8 p.m.
Saturday's games
Philadelphia at Montreal, 2 p.m.
Seattle at Dallas, 2:30 p.m.
Vancouver at Colorado, 6 p.m.
Columbus at New England, 7:30 p.m.
Toronto at Chicago, 8:30 p.m.
Salt Lake at Portland, 10:30 p.m.

Back to the house he built. Manning rides into Indianapolis as a Bronco

Jeff Saturday is torn.

It was here, in Indianapolis, where he got a legitimate chance to make an NFL roster. It was here he earned five Pro Bowl trips, won two AFC titles and a Super Bowl ring, and became one of the city's favourite players. It is here where he still lives and works, returning after one final NFL season in Green Bay, and it is here where he will always be known for snapping the ball to Peyton Manning.

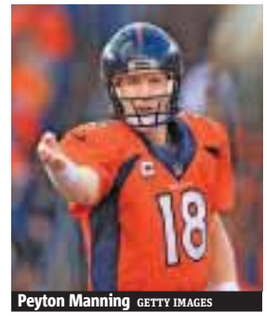
Choosing sides for Sunday night's showdown between Manning's Broncos and his former team, the Colts, is a real struggle.

"There's a love for your home city because you want them to get the win," Saturday said. "But my friendship with Peyton makes it tough."

Saturday finds himself in good company this weekend as Indy prepares to welcome back the man who turned a basketball town into a football power. In some ways, it's like Manning never left. The city's northwest side remains the home of Peyton Manning Children's Hospital at St.Vincent. Manning returns each spring to host the hospital's biggest fundraiser.

Downtown there is Lucas Oil Stadium, the house built by Manning and a finalist to host its second Super Bowl. Indy's season-ticket waiting list is at about 8,000, a drastic improvement for a team that spent the first third of Manning's career trying to avoid blackouts almost on a weekly basis.

And there are still plenty of blue No. 18 jerseys at home games, some trimmed in Colts' white and others in Broncos' orange. THE ASSOCIATED PRESS



Peyton Manning GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
You will get what you ask for today so make sure you really want it. No matter how outrageous your request, the lunar eclipse in your sign will grant it for you. Does that get your imagination jumping?

♉ Taurus
April 21 - May 21
You will gain in some way today, maybe financially. However, the eclipse warns that what you get may be transitory in nature, so don't get too attached to it. If it's easy come it could also be easy go.

♊ Gemini
May 22 - June 21
You won't be short of ideas or self-belief today. You may, however, be short of the kind of foresight that can save you from making a wrong turn. Make a point of looking ahead.

♋ Cancer
June 22 - July 23
Employers could give you grief today, especially if they sense that you are none too sure of yourself. Visualize yourself as strong and capable. It may be an act but you can pull it off.

♌ Leo
July 24 - Aug. 23
You have wasted too much time and energy on someone who is clearly not going to play ball, so cut them out of your life completely. That may seem a harsh but it's all or nothing.

♍ Virgo
Aug. 24 - Sept. 23
Make a serious effort to resolve any differences of opinion you may have with colleagues. Not only will it make life easier for you on a day-to-day basis but it could also have some very welcome financial results.

♎ Libra
Sept. 24 - Oct. 23
The lunar eclipse in your opposite sign will bring an edge to partnerships and you may want nothing more than to get away from awkward people for a while. So what's stopping you? Just go.

♏ Scorpio
Oct. 24 - Nov. 22
For some strange reason you see plots and conspiracies wherever you look at the moment but are any of them likely to be real? No they aren't.

♐ Sagittarius
Nov. 23 - Dec. 21
Today's eclipse won't mess things up for you as much as it does for others but you need to take care. Above all, don't get emotional about issues that are of little importance in the greater scheme of things.

♑ Capricorn
Dec. 22 - Jan. 20
The quicker you come to a decision about some kind of domestic matter, the more likely it is to be wrong. To be blunt, your senses, including your sixth, are all over the place at the moment so hold fire.

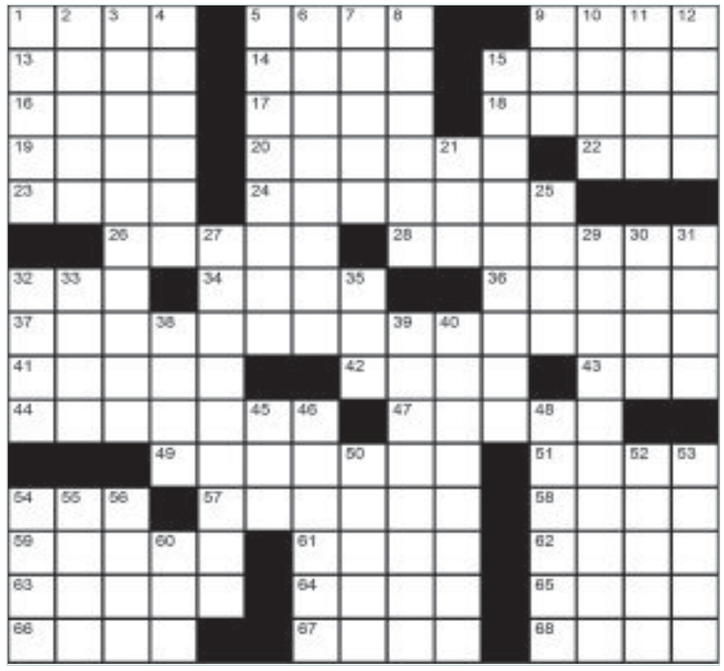
♒ Aquarius
Jan. 21 - Feb. 19
You know where you want to be but you can't work out how you are going to get there from where you are now. Once today's eclipse begins to wane the way ahead will be clear.

♓ Pisces
Feb. 20 - March 20
Someone will come to you with a sob story and, of course, you will do what you can to make them feel better. But don't give them money or you may never see it again. Be nice but be smart too. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

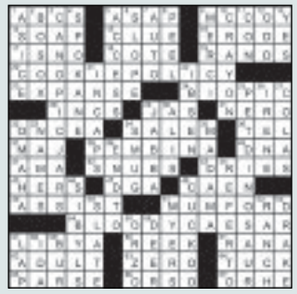
BY KELLY ANN BUCHANAN



Across
1. Test product
5. Chips __! (Chocolate chip cookie)
9. "I __ Fine" by The Beatles
13. Toronto-born actor Mr. McCormack
14. Read: French
15. Canadian poet, Al __ (b.1918 - d.2000)
16. Formerly, fancily
17. Taj Mahal's site
18. Kind of bay window
19. Somewhat, in music
20. __-tip marker
22. Hydrocarbon suffix
23. Swill
24. On the line: 2 wds.
26. Gunpowder component
28. Shake up
32. Long ago time
34. And so on, plurally [abbr.]
36. Fuzzy fruits
37. 1994 movie for Canadian stars Sandra Oh and Callum Keith Rennie: 2 wds.
41. Mother-of-pearl
42. James of "Misery" (1990)
43. No, to a Scot
44. Eno = __ brand
47. "The Price Is __"
49. Doorkeeper
51. Sugarloaf hit: "Green-__ Lady"
54. Will Ferrell comedy, "__ School" (2003)
57. Leisurely walk
58. In the distance
59. Question
61. Wheel shaft
62. Automatic
63. Extinct birds
64. Suit accessories
65. Litigates
66. Slow-cooked meal
67. Tubular water denizens
68. Sea eagles [var. sp.]
21. All-you-can-__ (Restaurant style)
25. Daughter on "The Waltons"
27. Shows TV shows
29. Kiefer Sutherland TV series ...when spelled-out
30. Ms. Kudrow
31. 'Fin' finisher (Tactfulness)
32. __ Turnblad, role in "Hairspray" (2007)
33. __ Shark
35. Cul-de-__
38. Show off
39. The 49th __
40. Without hurt
45. "The Addams Family" cousin
46. Lessen the value of
48. Coffin-carrying car
50. Spunk
52. Polished off, as food
53. Madonna song: "__ You Up"
54. Gambler's chances
55. Plunder
56. "__, Where's My Car?" (2000)
60. __ and arrow

Down
1. Oceanic abysses
2. Mr. Flynn of swashbucklers
3. Wrongdoing
4. Eight-armed sea dwellers
5. Individually, as on menus: 3 wds.
6. Like many modern gadgets
7. Root used in perfumes
8. Bread ingredients
9. Fido's coat
10. Port city in Pennsylvania
11. Old Testament place
12. Country singer Mr. Lovett
15. Walter Ostanek, 'Canada's __ __'

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			9					
8				2	4		5	
	2	1		7		3	9	4
	8					2	1	
			8		9			
	5	6					3	
3	1	8		9		5	4	
	7		5	1				8
					7			

Yesterday's Sudoku

2	3	9	8	4	1	6	5	7
4	6	5	2	7	9	3	8	1
1	8	7	3	5	6	2	4	9
8	5	2	7	9	3	1	6	4
9	1	3	5	6	4	7	2	8
7	4	6	1	8	2	9	3	5
3	7	4	6	1	5	8	9	2
5	2	8	9	3	7	4	1	6
6	9	1	4	2	8	5	7	3

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STARCRAFT $26/week

15' RB ARONE

STARCRAFT $28/week

15' FD Launch

STARCRAFT $30/week

12' RT COMET

STARCRAFT $32/week

16' RB Launch

STARCRAFT $32/week

18' FB ARONE

STARCRAFT $32/week

26 BH AR-ONE

STARCRAFT $33/week

RB 22 PIONEER

PIONEER $35/week

25 BH PIONEER

PIONEER $35/week

1950 RB 2013

WILDERNESS $38/week

278 BH AUTUMN RIDGE

STARCRAFT $38/week

TB 27 PIONEER

PIONEER $39/week

31 QBSS North Trail

North Trail $52/week

329 BHU Autumn Ridge

STARCRAFT $54/week

32 BUDS North Trail

North Trail $56/week

346 RESA Autumn Ridge

STARCRAFT $61/week

2250 BH 2013

WILDERNESS $41/week

BH 27 PIONEER

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North Trail $50/week

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